

# MFT Breakdown of Required Experience

	EXPERIENCE TYPE	ALLOWED PRE-DEGREE?	ALLOWED POST-DEGREE?	MINIMUMS AND MAXIMUMS	NOTES
Clinical Experience	1. Individual Counseling or Psychotherapy (performed by you)	Yes	Yes	No Minimum or Maximum	No pre- or post-degree hours are required performing individual psychotherapy, though many people gain hundreds of hours in this area due to the limitations of other categories.
	2. Couples, Family and Child Psychotherapy (performed by you)	Yes	Yes	Minimum 500 hours REQUIRED	May be completed pre- or post-degree or a combination of both.
	3. Group Therapy or Counseling (performed by you)	Yes	Yes	Maximum 500 hours	May be completed pre- or post-degree or a combination of both.
	4. Telephone Counseling (performed by you)	Yes	Yes	Maximum 250 hours	May be completed pre- or post-degree or a combination of both.
	NOTE ABOUT PRE-DEGREE EXPERIENCE: A minimum of 150 total hours of experience from categories 1, 2 and 3 above are required pre-degree. A maximum of 750 hours of clinical experience, including direct supervisor contact, can be counted pre-degree. EXAMPLE: A trainee earns 625 hours of clinical experience comprising a combination of categories 1, 2, 3, and 4. In addition, the trainee earns 125 hours of individual supervision pre-degree.				
Supervision	5. Supervision, One-on-One*	Yes	Yes	Minimum 52 Hours	May be completed pre- or post-degree or a combination of both. Note: These may be non-consecutive weeks.
	6. Supervision, Group* Not more than eight (8) supervisees in the group	Yes	Yes	No Minimum or Maximum	No pre- or post-degree hours are required to be completed in this area.
	NOTE: A TOTAL MINIMUM of 104 hours of supervision is required. Interns and trainees are required to have a minimum of one (1) hour of individual supervision, OR two (2) hours of group supervision for each week in which experience is claimed for each work setting. A maximum of five (5) hours of supervision may be credited per week.				
	Supervision RATIOS Required for Clinical Experience:  Ratio: Hours of Clinical Experience to Units** of Supervision  **One unit of supervision is equal to one (1) hour of individual or two (2) hours of group supervision.	Pre-Degree 5 to 1 Required		Post-Degree 10 to 1 Required	Trainees are required to have a minimum of one hour of direct supervisor contact for every five (5) hours of client contact in each setting.  Interns are required to have a minimum of one hour of direct supervisor contact for every ten (10) hours of client contact in each setting.  These ratios can be calculated based on the average number of hours gained over the entire period of time an intern or trainee works in a particular setting (see example below).
	EXAMPLE: An intern receives 11 hours of clinical experience and 2 hours of group supervision (one unit of supervision) the first week, 13 hours of clinical experience and 1 hour of individual supervision (one unit of supervision) the second week, and 16 hours of clinical experience and 4 hours of group supervision (two units of supervision) the third week. This totals 40 hours of clinical experience and 4 units of supervision. The intern has met the required supervision ratio because she has an average, over the three-week period, of 10 hours of clinical experience for every 1 unit of supervision.				

	EXPERIENCE TYPE	ALLOWED PRE-DEGREE?	ALLOWED POST-DEGREE?	MINIMUMS AND MAXIMUMS	NOTES
Miscellaneous	7. Attending Workshops, Seminars, Training Sessions or Conferences*	Yes	Yes	Maximum 250 hours	May be completed pre- or post-degree or a combination of both.
	8. Psychotherapy (received by you)*	Yes	Yes	Maximum 100 hours X 3	Up to 100 hours may be earned. These hours are triple-counted by the Board. Hours may be completed pre- or post-degree or a combination of both.
	9. Administering and Evaluating Psychological Tests of Counselees, Writing Clinical Reports, Writing Progress Notes, or Writing Process Notes	NO	Yes	Maximum 250 hours	May be completed post-degree only.
TOTALS	Weeks of Experience REQUIRED			Minimum 104 weeks	Completed pre and post degree.
	Total Hours of Experience REQUIRED			Maximum 1,300 hours PRE-DEGREE  Minimum 1,700 hours POST-DEGREE  Minimum 3,000 hours TOTAL	1,300 hours of pre-degree experience = 750 clinical experience and supervision hours + 250 workshops, seminars, etc. hours + (100 hours X 3) personal psychotherapy

\*Of the 3,000 hours of required experience, the combined subtotal for Workshops, Seminars, Training Sessions or Conferences, Personal Psychotherapy Received, and Supervision Hours may not exceed 1000 hours. *[B&P Code 4980.43 (a)(7)]*

The information provided in this publication is general and intended to serve as a quick answer guide for common questions. The *Statutes and Regulations Relating to the Practice of Marriage and Family Therapy, Licensed Clinical Social Work, and Licensed Educational Psychology* contains the official legal code sections and language.

The BBS encourages you to thoroughly read the *Statutes and Regulations* and refer to it in cases that require official legal language.